

# CHAMPIONS MINDSET



**Namaste,**

Welcome to **Champion's Mindset**.

We all have a leader within, our inner voice and, we are all gifted with a unique talent that can be harnessed to make a difference in the world.

Champions are committed to a vision and give their 100% to making that happen. They build the resilience and agility to excel and manage the ups and downs of life, without losing their balance.

Inspired by many such leaders and champions, we have created this space for inner leadership and conscious growth.

Pause for a moment.  
Take one slow breath.  
Make space for yourself.  
To read slowly and reflect.

## This Month's Reflection:

### My Experiments with Truth

When I think about what truly shapes a Champion's Mindset, my attention always returns inward. Not to outcomes. Not to titles. To Truth.

I was inspired by **Mahatma Gandhi's book, The Story of My Experiments with Truth**. What makes this book deeply powerful is its raw honesty. Gandhi does not write as a perfect leader. He writes as a human being observing himself closely - his fears, his doubts, his discipline and his choices.

In one part of the book, he reflects on his early days as a lawyer. Fear accompanied him into public spaces. Instead of suppressing it, he paid attention to it. He allowed himself to see it clearly. Through this awareness, the overwhelm within him began to settle. Over time, his inner steadiness grew. Spinning the charkha (spindle) to make khadi not only sparked the self-reliant movement, it also built the mental discipline to sit and contemplate.

In another reflection, he writes about restraint - how everyday decisions, made consciously, shape character. These were not dramatic moments. They were personal commitments practiced with sincerity. Fasting, silence, reading scriptures and penning his thoughts, these practices built his resilience and character to stand tall.

As I read the pages, I was inspired by Gandhi's humanness and courage to be vulnerable. I was reminded that we discover our truth through an inner journey of experimentation and exploration. It is realised through lived moments and deep reflections. It is a quest, not a destination.

This is where a **Champion's Mindset** begins.

## Words That Inspire



This month's listening is a deeply grounding conversation - **Serving With Compassion**, with **Ajay Piramal, Chairman of the Piramal Group**.

In this dialogue, Ajay speaks about business as an act of responsibility and service. He shares a powerful way of seeing leadership, not as ownership, but as trusteeship.

He describes leaders as trustees who are entrusted with resources, people & purpose, and whose role is to serve shareholders, employees, customers and society with integrity.

He also reflects on faith, the quiet knowing that we are supported, guided and protected. Drawing inspiration from nature, he speaks about humility, surrender and seva bhav - the spirit of service that flows when leadership comes from alignment.

As you listen, notice what touches you.

Notice how leadership feels when it is rooted in compassion and responsibility.

Notice what it awakens within you about your own role, your work, and your way of serving.

Let this listening become part of your inner reflection.



## Reflect Deeply

Truth asks for attention.  
It asks for presence.  
It asks for responsibility.

There is nothing here to fix.  
There is only awareness.  
There is only stillness.

## Your Journal Space

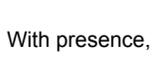
A space for you to reflect within. .  
Read slowly, write mindfully.  
Return to them through the month.

1. **How is my relationship with the inner self?**  
.....
2. **What can I do differently to grow internally?**  
.....
3. **What behaviour and thought pattern is supporting me or not?**  
.....
4. **What practice can I imbibe to develop a Champion's Mindset?**  
.....
5. **What quality can I consciously embody to build a Champion's Mindset?**  
.....

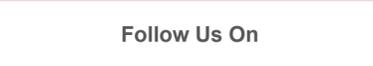
A Champion's Mindset is shaped quietly.  
Through awareness.  
Through choice.  
Through alignment.

Let this month unfold as your own experiment with truth. Return to these reflections whenever you need grounding.

With presence,



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